



**SFU student uses mounds of data to map world's top chocolate-loving cities** metroNEWS



## CACAOGRAPHY

ILLUSTRATION: ANDRES PLANA/METRO

# MLA opposes housing intervention

## REAL ESTATE

**Throness says if you can't buy in Vancouver, live elsewhere**



**Matt Kieltyka**  
Metro | Vancouver

A heated debate on housing prices took a sudden turn in the British Columbia legislature Monday when a sitting MLA said people don't have a "God-given right" to live in Vancouver.

While debating a motion on affordable housing, Liberal MLA Laurie Throness, of Chilliwack-Hope, rejected the notion that government intervention is required in the housing market.

"I wanted to live in Vancouver, so I explored that option. I didn't even explore the option of buying a detached home, but I looked for condos and soon found I wasn't able to afford to live there," said Throness, who makes a base salary of \$102,878 and claimed \$20,209 in expenses in 2013-14.

"There's nothing wrong with that. I didn't go to the papers. I didn't complain to government. I didn't complain to the opposi-

tion. I didn't go to the Human Rights Tribunal. I bought in Abbotsford."

He said the notion that everyone should expect to be able to afford to live in Vancouver is "incorrect."

He suggested NDP Vancouver-Point Grey MLA David Eby — who has been demanding government action on skyrocketing housing costs, suspicious real estate activity and urging for more data on the potential impact of foreign money in the market — should move if he finds the city too expensive.

"The member could come to Hope. He could come to Agassiz. He could come to Harrison

Hot Springs. They're all beautiful places to live and very affordable," Throness said.

"We can't change what I would call the major structural elements of the Vancouver housing market. In fact, I would say that many homeowners are very happy about the rising value of their homes.

"No one has a God-given right to live in a particular place. We all have to tailor our expectations to our income," he concluded. "That means that people like me will probably never live in Vancouver, but I do not consider myself a victim."

Eby said Throness's com-

ments were "dismissive" of residents' needs in a city where housing prices now exponentially outpace the median family income of \$73,290.

"He's telling people to give up on Metro Vancouver. That's an astounding attitude to a major economic engine for the province," said Eby. "Most



**We all have to tailor our expectations to our income.**

Laurie Throness

people's work is tied to where they live and here you have an MLA saying it's your own damn fault for not buying in Chilliwack. He doesn't understand the impact (house prices) have on the local economy and on local people, young people in particular trying to get a start."

Throness qualified his comments by saying the Liberal government has invested \$4.4 billion in affordable housing since 2001 and provides plenty of grants and credits to lower ownership costs.

If people move to more affordable regions of B.C., companies and jobs would follow suit, he added.



## B.C. balances budget yet again

### FINANCE

#### Fourth year in a row for Clark's Liberal government

British Columbia's Liberal government is set to deliver a fourth consecutive balanced budget Tuesday with sprinkles of relief expected for first-time home buyers trying to get into a red hot real estate market.

Tweaks were also signalled on medical services premiums and more cash promised for social service programs in a throne speech last week that said the government will "resist the temptation to spend our way into trouble."

Premier Christy Clark said the budget targets affordability on several fronts, but the measures will be incremental.

"The budget, what you'll see, is relief across the board for people in all different sectors," she told reporters last week in Vancouver.

Clark said the government has already moved to help single-parent families with cuts to their medical premiums, but a massive overhaul or elimination of the program — called for by the Opposition New Democrats and the Green



B.C. Finance Minister Michael de Jong prepares to try on his newly soled Budget 2016 shoes at Olde Town Shoe Repair in Victoria. CHAD HIPOLITO/THE CANADIAN PRESS

party — is not in the cards, yet.

"It's antiquated, it's old, and the way people pay for it generally doesn't make a whole ton of sense," Clark said.

"I think in terms of wholesale change though, it's going to take a little longer for us to

work through some of that, but you will see some things in this budget."

B.C.'s next provincial election is set for May 2017.

NDP finance critic Carole James said the medical premiums are an unfair tax

that results in people earning \$30,000 annually or more paying the same rates as those who earn \$1 million.

"We have to get rid of this unfair tax," she said.

James said B.C. families are being squeezed with fee and

rate increases, including hydro, insurance, tuition and medical premium rates.

"The piece I'll be looking for in the budget is the issue of affordability for families," she said.

"If you take a look at how difficult it is for people right now, and the fees and services and increased taxes this government has put on families, it is getting tougher and tougher."

B.C. Hydro rates jumped four per cent last month and the Canadian Taxpayers Federation says B.C.'s medical premium rates have increased 39 per cent since 2009, from \$108 a month for a family with children to \$150 per month now.

Finance Minister Mike de Jong said the medical premium payments, which collect more than \$2 billion annually, account for about 14 per cent of B.C.'s health budget of almost \$19 billion.

He said the government is looking at being more flexible with medical premiums but he rejects calls to make the payments part of the income tax system.

"I disagree with that," he said. "All you are doing is creating the illusion health care is free, and it's not."

De Jong said the major achievement of his latest

### 3.1%

The rate at which the Royal Bank forecasts B.C.'s economy to grow in 2016, the highest in Canada.

### \$265M

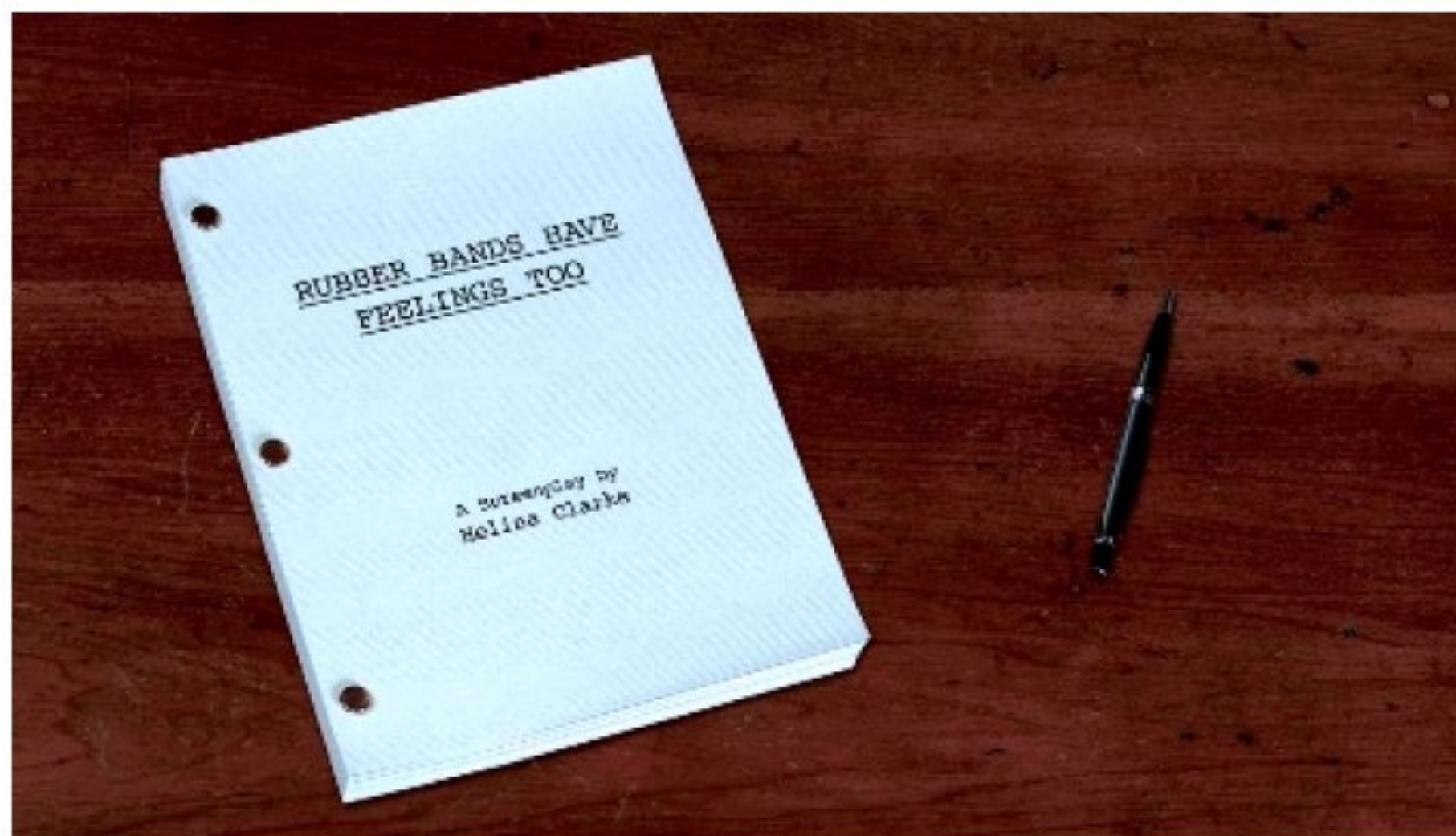
The amount of surplus Finance Minister Mike de Jong predicted for this year, down from the original estimate by \$20 million.

budget remains the fact it will be balanced, an accomplishment most provinces and the federal government won't realize this year.

The Royal Bank forecasts B.C.'s economy to lead Canada's growth rate this year at 3.1 per cent and 2.9 per cent in 2017. The B.C. government has forecast growth at 2.4 per cent this year.

Last fall, de Jong forecast the budget to include a surplus of \$265 million, down about \$20 million from the original estimate due largely to falling resource revenues, particularly natural gas.

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Students at the Point Grey campus of the University of B.C. EMILY JACKSON/METRO FILE

UBC REPORT

## Lack of clarity on sex assaults

UBC staff who handled sexual assault allegations made against a PhD candidate acted in "good faith," but human error and a lack of clarity led to a delayed response, an investigation has found.

Interim UBC president Martha Piper outlined the key findings of a report at a board of governors meeting Monday.

The university hired lawyer Paula Butler to investigate complaints raised by several current and former history graduate students that it took far too long to act on multiple allegations against the PhD candidate.

Butler said in her report that there was no breach of the university's policies, including the general harassment and discrimination policy that the school currently uses to handle sexual assault reports.

At least six groups were involved in handling complaints, including the history department, the Sexual Assault Support Centre and campus security, making the process unclear for the women and some staff, Butler said.

"Sporadic communication amongst these groups at times resulted in ineffective or little action being taken," she wrote in her report.

"It is not optimal for one complainant to have to tell her/his story to four or five different people, and to have to be asked on numerous occasions if she/he wants to go through a resolution process, all of which happened in this case."

The better option is for complainants to deal with one or two people who are consistently assigned to a case, Butler said. THE CANADIAN PRESS

# UBC says no to divestment

FOSSIL FUELS

## University instead starts sustainable future fund

The University of British Columbia has rejected calls from students and faculty to dump its holdings in the fossil fuel industry, instead promising to create a low-carbon investment fund.

The board of governors voted Monday in favour of a motion from its finance committee not to divest and instead establish a so-called sustainable future fund. The fund would include a mandate for low-carbon emissions and be seeded with an initial allocation of \$10 million.

Getting rid of certain investments is permissible, said fi-

nance committee chairman Greg Peet shortly before the vote, but "the universal exclusion of a legally-operating industry that provides irreplaceable goods and services is not."

Peet said aggressive screening criteria for the new fund will result in the divestment of numerous fossil fuel companies.

Investments tied to oil, gas and coal companies make up about 10 per cent of the university's \$1.4-billion endowment. Divestment has been an ongoing issue for several years, with students and staff voting separately in favour of pushing fossil fuels out of UBC's portfolio.

Peet told the board Monday that the proposal from staff and students did not make a "compelling case" that divestment would have a meaningful impact on climate change through a moral or political

**"We need strong, dramatic action on climate change now, not a drop-in-the-bucket fund."**

Alex Hemingway

message. He said UBC's sustainable future fund would have a similar effect to a recommendation made by an advisory committee at the University of Toronto, which called for divestment from fossil fuel companies that "blatantly disregard" efforts to combat climate change.

Of the three student representatives on the board, two opposed the motion not to divest and one abstained. The remainder of the board voted in favour.

Campus-based environment-

al advocacy group Divest UBC had circulated a letter calling for a transparent, open and evidence-based consideration of divestment.

Spokesman Alex Hemingway told the board that the committee considering the issue refused to meet with his group and only invited it to the final meeting last week.

His statements prompted an apology from finance committee member Richard Johnston, who promised the consultation process would be fixed.

After the vote, several members of Divest UBC, who were wearing black and carrying anti-fossil fuel signs, stood and chanted in unison, "You are failing us."

Hemingway said after the vote that he was extremely disappointed. He said there are indications the sustainable future fund will continue to

invest in coal companies.

"We need strong, dramatic action on climate change now, not a drop-in-the-bucket fund."

In 2014, UBC students voted 77 per cent in support of divestment. Last year, faculty voted 62 per cent in favour of selling off the school's fossil fuel holdings within five years.

Concordia University in Montreal became the first Canadian university to adopt a partial divestment policy in December 2014, though that measure only applies to a \$5-million fund — a fraction of the school's \$130-million endowment.

The University of Calgary, McGill University in Montreal and Dalhousie University in Halifax have all decided against divestment.

The University of Toronto's president is expected to make a final decision by April.

THE CANADIAN PRESS

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## SUNSET BEACH

## 4/20 protest safer after move: City manager



**Matt Kieltyka**  
Metro | Vancouver

Vancouver's acting city manager believes the 4/20 marijuana protest's move to Sunset Beach is a safer option than its traditional home outside the Vancouver Art Gallery.

After clashing with the city over permitting and location last year, 4/20 organizers announced this year's April 20

event will happen at Sunset Beach Park.

This led to Vancouver park board chair Sarah Kirby-Yung writing to Mayor Gregor Robertson on Monday to officially oppose holding the rally at Sunset Beach.

"The Board does not support 4/20 taking place at Sunset Beach," wrote Kirby-Yung. "We respectfully request that you direct City staff immediately to work with organizers to identify an alternate location

to Sunset Beach, respecting the will of the Board and the Parks By-law prohibiting smoking."

In a statement released to media, acting city manager Sadhu Johnston denied the city advised organizers on where to stage the protest, which draws crowds of thousands.

Still, Johnston's statement indicated Sunset Beach is a better alternative to the art gallery lawn.

"The 4/20 protest event has outgrown its current location

at the VAG, become incredibly disruptive and increasingly unsafe," Johnston said.

"Since last fall, city staff, including from the park board, have been working with the organizers on a public safety plan as this remains our number one priority. It is our expectation that this year's event will require fewer city resources due to its new location which is outside of the downtown core and not near any major roads."



A naloxone nasal injector. JOHN MINCHILLO/THE ASSOCIATED PRESS

## A need for naloxone

### OPIOID DEATHS

#### Overdose strategy calls for drug to be more available



**Thandi Fletcher**  
Metro | Vancouver

To combat a rising number of illicit drug overdose deaths, a British Columbia partnership is calling for naloxone, a medication that effectively reverses the effects of opioids on the body, to be more widely available across the province.

The recommendation is one of several proposed provincial strategies put forward by the BC Drug Overdose and Alert Partnership, or DOAP, a committee chaired by the BC Centre for Disease Control (BCCDC).

"The DOAP committee has identified the need for accessible naloxone in the community setting," Dr. Jane Buxton, harm reduction epidemiologist at the BCCDC, said in a statement. "This, along with the other recommendations, will be integral in reducing the harms from an opioid overdose and preventing overdose deaths."

Naloxone, an antidote to an overdose from opioids, is a safe medication that quickly reverses

the effects of drugs on the body by restoring breathing within two to five minutes.

The DOAP's proposed strategy also recommends changes in policy to make naloxone a non-prescription medication, which can increase access for the public, family and friends of people at risk of an overdose, and to improve overdose prevention education and training to increase awareness, recognition and response strategies.

According to the BCCDC, the annual mortality rate due to illicit drug overdose in B.C. has increased by 50 per cent between 2010 and 2015.

Last year, there were 465 apparently illicit drug overdose deaths, a 27 per cent increase from the 366 deaths in 2014. The majority of overdose deaths were due to opioids like heroin, morphine, oxycodone and fentanyl that may have been used in combination with other drugs and alcohol, according to the BCCDC.

Health Minister Terry Lake said the recommendations show that B.C. is on the right track in its efforts to reduce drug overdose deaths.

Last month, the provincial government announced that the emergency medical assistants regulation has been amended to permit licensed fire rescue first responders and community-based paramedics to administer naloxone.

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### IN BRIEF

#### Assault victim saved by her dog: RCMP

Mounties on Vancouver Island say a woman was lucky to escape an assault without injury after her dog bit the attacker's arm, causing him to flee the scene. METRO

#### Man charged in Langley carjacking

A man has been charged after a reported carjacking in Langley on Wednesday. The suspect allegedly crashed the car and fled on foot, but was tracked by a police dog. METRO

# Choc shock in world's top cities

## RESEARCH

### Student's data reveals Turkish area loves treat more than most



**Thandi Fletcher**  
Metro | Vancouver

A Simon Fraser University student analyzing Instagram data to find the world's top chocolate-loving cities says he has made a nutty discovery.

While some may think Brussels, famed for its Belgian chocolates, or Paris, known for its chic candy shops, would take the cake for having the highest number of chocolate-related posts with location tags on the popular photo-sharing platform, Saif Charaniya said the data reveals

an unexpected answer.

According to his analysis, the title of international cocoa capital by a significant margin goes to Üsküdar, a municipality of Istanbul, Turkey. "That was very surprising," Charaniya, a self-proclaimed chocolate addict, told Metro. "I was expecting it to be New York or L.A., just because that's where most of the Instagram users live."

For his research, Charaniya collected mounds of data — 40 gigabytes worth — over a period of five weeks. After finding 9.4 million posts that included the hashtag #chocolate, Charaniya then narrowed the data down to images that were also tagged with a location, finding 1.2 million posts.

Not only did Üsküdar score highest for chocolate-related posts with a location tag, the city also came out on top for the highest number of likes and highest number of comments per post.



**Simon Fraser University student Saif Charaniya, a self-proclaimed chocolate addict, is using Instagram data to find the world's top chocolate-loving cities.** CONTRIBUTED

Charaniya also uncovered other surprising trends.

Globally, Valentine's Day was the second most popular day of the year for posting about chocolate, with the most popular day being Easter, he said.

In Vancouver, the number of chocolate posts spiked by 319 per cent on Valentine's Day, the third highest increase globally after Tokyo and Denver, which rose by 410 per cent and 362 per cent, respectively.

Some candy brands, like Snickers, also appear to enjoy more brand loyalty online, with a higher number of comments on photos than any other chocolate brand. "It's interesting," said Charaniya. "These anomalies are



**I was expecting it to be New York or Los Angeles.**

Student Saif Charaniya

what we should focus on in further research to understand what encourages people to talk about chocolate."

Charaniya said the research underscores the importance of using social media to harness and analyze big data for companies keen on taking a bite out of the \$98-billion dollar global chocolate market.

"People love chocolate—it's a worldwide phenomenon," he said. "If you look at the way that people talk about chocolate, you can understand how users consume chocolate, what are their favourite brands and what occasions do they talk about it."

## SAFETY

### Asbestos-remover in court accused of breaking WorkSafeBC regulations

An asbestos-removal contractor and its owners are in court this week to face accusations of contempt for not following WorkSafeBC regulations that protect workers from exposure to asbestos.

The B.C. Supreme Court found in 2013 that Seattle Environmental Consulting Ltd., Mike Singh and Shawn Singh were in contempt of the court for not adhering to protection rules and were fined a total of \$15,000.

In new allegations before the court the group is accused of breaching the same protection orders.

THE CANADIAN PRESS

## SURREY

### Poll shows strong support for LRT



**Matt Kieltyka**  
Metro | Vancouver

Eighty per cent of Surrey residents supporting bringing light rail transit to the city, according to a new poll. Ipsos Public Affairs was commissioned to conduct a telephone poll of 600 Surrey residents late last month and the polling company found strong support for the city's big-ticket public transportation plan.

On top of overall support for LRT, 90 per cent of respondents said they agree the network would improve transportation options in the city, 88 per cent believe it would help connect communities within Surrey and

86 per cent believed it would help create construction and maintenance jobs.

The city has long-sought an expansion of public transit options in Surrey, but plans have been stalled by TransLink's ongoing funding issues.

Mayor Linda Hepner has promised that the lines will be built regardless of last year's failed plebiscite on transit funding but the city has not announced how. The city hopes to build 27 kilometres worth of LRT lines. The two proposed routes would run along Fraser Highway (connecting Surrey and Langley) and King George Boulevard.

The Ipsos Public Affairs poll's margin of error is four per cent, 19 times out of 20.

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# Hateful Valentine spurs complaint

EDMONTON

## Man receives homophobic note on the job

A man says he is filing a complaint with police after he received a Valentine at work that was defaced with a homophobic slur.

Degas Sikorski, 20, said the Valentine that he received from a Party City store in Edmonton where he has worked for years said he wasn't getting any shifts "for a reason."

Sikorski said police have given him witness forms to fill out that could lead to the slur being investigated as a hate crime.

"They said it is a hate crime," Sikorski said Monday. "The guy at the police station said, 'Absolutely this is a hate crime. We will absolutely have to look into this.'"



A Valentine given to Degas Sikorski, shown in a Facebook post by his mother, Shelley Bramhoff Sikorski. THE CANADIAN PRESS

Edmonton police were not available for comment.

A public relations firm that speaks for Party City issued a statement on the weekend that said the company does not condone the behaviour and is committed to creating a fair and inclusive work environment.

Sikorski, who has been work-

ing at the party supply store while putting himself through the University of Alberta, said no one should have to face such treatment.

He wants an explanation as well as apologies from the person who wrote the Valentine and from company management, he said. THE CANADIAN PRESS



Paratroopers set up a preliminary camp with light gear. BRAEDEN JONES/METRO

## Troops head north to train



"It's going to be a pretty steep descent, just so you're aware."

The pilot of the C-17 Globemaster taking 120 Canadian reservists into Resolute Bay to spend a week training in the high Arctic is more candid than the average commercial pilot — but his passengers are used to that kind of directness.

They're part of a larger contingent of Canadian Forces members training around the North between early February and early March. More specifically, they belong to the Arctic Response Company Group (ARCG).

The 120 who landed at the Arctic Training Centre Saturday are relieving Princess Patricia's

Canadian Light Infantry (PPCLI) members from Edmonton, who parachuted into the area on Friday, in the joint training exercise Arctic Ram 2016.

Most had never been as high as Resolute Bay, close to latitude 75 degrees. It's about 2,400 kilometres from Winnipeg, still in the central time zone, but basically straight north.

The community of Resolute is one of the most northern populated settlements in the Canadian Arctic.

But the reservists stayed at the Arctic Training Centre northwest of that hamlet on Saturday night. They'll spend subsequent evenings in tents pitched out on sea ice, braving the harsh Arctic climate, where the bulk of their training exercise will be staged.

The mock scenario this week has the ARCG responding to a

"downed satellite," with the objective of locating its parts.

The PPCLI paratroopers responded first on Friday, setting up a preliminary camp.

After spending most of Saturday evening repairing snowmobiles and specialized "Komatik" sleds, ARCG deployed Sunday by land and sea ice.

Maj. James Meredith, the officer in command, said the training is "invaluable."

Meredith explained it's a demonstration of the force's ability to "stretch out from a base in Winnipeg" with numbers, and "(fire) out another 150 to 200 kilometres" from there during the mission.

During Exercise Arctic Ram 2016, Metro will be reporting on aspects of the Canadian Arctic, the community of Resolute and the military's presence and training in the area.

# Top court seat ups stakes

U.S. SUPREME COURT

## Justice's death makes vacancy an issue in race to White House

The unexpected death of Supreme Court Justice Antonin Scalia, and the immediate declaration from Republicans that the next president should nominate his replacement, adds even more weight to the decision voters will make in November's general election.

Candidates in both parties moved quickly to reframe the election as a referendum on the nine-member high court's future.

Texas Sen. Ted Cruz released a new television advertisement Monday warning voters that conservatives are "just one Supreme Court justice away" from losing on issues including "life, marriage, religious liberty, the Second Amendment." The spot also suggests Republican front-runner Donald Trump would nominate more liberal

justices and includes clips of the real estate mogul saying he's "very pro-choice."

Democrat Hillary Clinton painted a similarly stark scenario, stating the court's makeup is crucial to preserving abortion rights and the legality of gay marriage nationwide.

"If any of us needed a reminder of just how important it is to take back the United States Senate and hold onto the White House, just look at the Supreme Court," Clinton said.

The court now is divided between four liberal and four typically conservative justices.

Obama pledged to nominate a replacement in "due time," even after Senate Majority Leader Mitch McConnell said that responsibility should fall to the winner of the 2016 election.

With three other justices over the age of 75, the next president could have other vacancies during his or her tenure, even if Obama fills Scalia's seat.

THE ASSOCIATED PRESS



Members of People for the American Way gathered at the U.S. Supreme Court in Washington on Monday to call on Congress to consider any nomination by President Barack Obama to fill the seat of Justice Antonin Scalia. CAROLYN KASTER/THE ASSOCIATED PRESS

PRESIDENTIAL RACE

## GOP war of words heats up

In 2011, eyebrows shot up when former vice-presidential candidate Sarah Palin used a salty acronym — WTF — to mock the policies of President Barack Obama.

Five years later, Donald Trump has blown right past acronyms. He's in a profanity-laced campaign for the Republican nomination that has seen multiple candidates hurl insults and disparaging remarks at one another.

In recent days, Trump has publicly lip-synced the F-bomb, blurted out the S-word more than once and fired a steady string of put-downs at opponents whom he labels as losers, liars and evil.

While Trump started it, other GOP candidates have jumped right into the fray. Ted Cruz has said Trump is "losing it," and dismissed his insults as "hysterical."

Before exiting the race, New Jersey Gov. Chris Christie predicted that he could beat Hillary Clinton in a debate, promising, "I'll beat her rear end on that stage," and tormented fellow Republican Marco Rubio as a fragile "boy in the bubble."

THE ASSOCIATED PRESS

HEALTH

## 'Moonshot' pledge to fight cancer not enough, says expert

Days after launching his \$1-billion US cancer "moonshot" last month, U.S. Vice-President Joe Biden was already grounding his space metaphor.

Biden first used the lofty analogy in October, several months after his son's death from brain cancer. It was deployed again in January, when U.S. President Barack Obama tasked Biden with leading the "cancer moonshot task force."

At the Abramson Cancer Center in Philadelphia, where Biden kicked off his bid to

"end cancer" on Jan. 15, he backed away from the metaphor.

"The first thing he said was, 'You know, the choice of the word "moonshot" may have been an unfortunate one,'" said Dr. Chi Van Dang, the centre's director. "It implies something too simple; that we can just assemble the engineers and the astronauts, make the rocket, and we'll get to the moon and back," Dang recalls Biden saying.

Critics seized upon the flaws

in Biden's pledge, particularly its price tag — not nearly enough money to bring a single drug to market.

But for cancer experts like Dang, Biden's backtrack on the metaphor is a good sign. It indicates their new White House ally understands defeating cancer will prove far more difficult than landing a man on the moon.

"When you talk about cancer, you're talking about more than 200 diseases," said Jon Retzlaff, managing director

for science policy with the American Association for Cancer Research. "If people regard the moonshot as going to the moon, this would be like going to 200 different planets."

Regardless of whether Biden's initiative achieves moonshot status, cancer experts agree on one thing: his efforts come at a crucial moment.

Government funding for research has been drying up over the last decade. The U.S. National Institutes for Health

only accepts eight or nine out of every 100 applications for research grants, Dang said. "There have been people who've left the field."

With the looming election, Biden's days in the West Wing are numbered, and there is no guarantee Congress will approve the request for funding.

However, cancer research advocates believe Biden is in this fight for the long haul — the \$1 billion isn't a moonshot, but a "down payment."

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U.S. Vice-President Joe Biden visits the Abramson Cancer Center on Jan. 15.

DANIEL BURKE/TORSTAR NEWS SERVICE

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**LOBSTERS** U.S. FISHERMEN KEEP MORE OF THEIR CATCH America's lobster industry is sending less of its catch to Canada's Maritime provinces, where some two dozen companies process millions of pounds of lobster meat every year, as processing grows in New England. U.S. lobster fishermen exported about 69 million pounds of lobster to Canada in 2014. The 2015 figure was less than 67 million, U.S. data show. THE ASSOCIATED PRESS FILE

## Millennials cool to older brands

### MARKETING

### Younger crowd prefer social media, tech labels: Survey

Millennials may appreciate vintage, but not when it comes to brands.

Old-stock companies aren't winning the favour of the "Netflix and chill" generation, according to an Ipsos-Institute of Communication Agencies survey of the most influential brands in Canada in 2015. They studied more than 100 brands that spent the most on advertising last year.

The demographic born between 1982 and 1996 was more likely to prefer technology and social-media brands such as Pay-

Pal and Instagram than more deep-rooted companies such as Walmart, Canadian Tire and the CBC, the survey suggests.

In the last two years, Netflix was one of Ipsos' "brands on fire," said Steve Levy, the research firm's chief operating officer. "It was never in the top 10, but it was a brand that moved up really quickly." Netflix came in fifth among millennials last year, and 22nd among Generation X.

"It's somewhat surprising how much divergence exists between the generations," Levy said.

Millennials were also much less likely than their parents or grandparents to hold Canadian Tire in high esteem. The company founded in 1922 by the Billes brothers in Toronto was the seventh-most influential among boomers, but a distant

51st among millennials.

Canadian Tire's own data shows it has "seen steady improvements over the last number of quarters among millennials and young active families," company spokeswoman Stephanie Nadalin said.

Despite its efforts, the CBC is another brand that doesn't appear to have caught on with the younger crowd, according to the survey. Boomers rated the national broadcaster fourth among the most influential, while millennials placed it 28th.

Across all age groups, Google was the most influential brand for the second year in a row, according to the Ipsos-Institute of Communication Agencies survey. Fellow tech giants Apple, Microsoft, Facebook and YouTube rounded out the top five.

Google also came in second behind Apple in another recent study, the Top 100 Global Brands by the multinational marketing research firm Millward Brown.

TORSTAR NEWS SERVICE

**“ (Netflix) was never in the top 10, but it was a brand that moved up really quickly. Steve Levy**

### HOUSING

## New mortgage rules kick in

Canadians looking to buy homes between \$500,000 and \$1 million will have to put down larger down payments as new federal rules took effect Monday.

Homebuyers must now put at least 10 per cent down on the portion of a home that costs more than \$500,000.

Buyers can still put down

five per cent on the first \$500,000 of a home purchase. Homes that cost more than \$1 million still require a 20 per cent down payment.

Phil Soper, president and CEO of Royal LePage, says the new rules aim to slow the breakneck pace of price growth in the red-hot markets of Toronto and Vancouver with-

out affecting markets that are lagging, such as those in oil-dependent provinces.

"The problem with monetary policy is that it impacts the struggling Calgary market or the just-fine Winnipeg market and the overheated Vancouver market in equal amounts," Soper said.

THE CANADIAN PRESS

**Eerie discovery**  
3D-printed tissues  
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real thing.

## Metro POLL

# Internship injustice?

Visit [metronews.ca](http://metronews.ca)  
to have your say.

**One person's slave labour; another's sensational opportunity.** Are unpaid internships experience or exploitation? The advocacy group representing Canadian interns has withdrawn from the federal government's consultations on how to improve protections for young workers because proposed changes to the Canada Labour Code would permit unpaid internships in federally regulated sectors. That is, as long as they last no longer than four months, primarily benefit the intern and don't replace a paid position. We asked our readers what they believe about the value of unpaid work.

### 1 Is it ever okay not to pay interns?



### 2 What's your experience with internships?

29% I've never been an intern  
22% I've been an unpaid intern and it was terrible  
17% A friend or family member has been an unpaid intern  
15% I've been a paid intern  
11% I've been an unpaid intern and it was great  
6% Other



### 3 If you're against unpaid internships, what are your reasons?

17% They're adding to student debt  
15% They don't actually lead to jobs  
14% Only rich kids can get job experience  
14% Employees will be replaced with unpaid interns  
13% They do not provide adequate job protections  
12% They increase inequality or drive down wages  
9% They're just plain wrong  
2% I'm not against unpaid internships  
4% Other

I've been an unpaid intern and it was great — though I was only able to because I had money saved.

I'm a human being. Not a car that you can test drive!

Internships are expected of older workers doing job changes, not just for kids.

It poses a problem for students who already work part-time.

WE ASKED Metro readers

# An overlooked, obvious cyberbullying remedy



**Emma Teitel**

This month in cyberbullying news: Oak Bay High School in British Columbia suspended its basketball team after a player posted a "highly inappropriate" photo of a teammate online. The photo was shared widely on social media, where, of course, the teammate pictured was ridiculed en masse.

The school's administration forced the team to forfeit its stellar season, a decision many students not directly involved in the incident strongly opposed — but a decision that is in every way wholly just.

Cyberbullying isn't an isolated episode, nor is it carried out by a single person acting alone — it's a cultural cancer.

Like sexual assault, it's an endemic problem in which very often, people who know

one another hurt one another in unduly harsh and long-lasting ways — in full view of their social circles. Luckily, the powers that be, namely government and celebrity, have begun to take notice, and more importantly, take action.

The federal government announced plans last week to fight cyberbullying by looking into anti-bullying tools online: programs that enable students to monitor hateful language and flag inappropriate social media posts.

Similarly, self-styled anti-bullying activist Monica Lewinsky unveiled her own line of heart-shaped "#BeStrong" emojis, a tool she is encouraging young people use when they face adversity online.

Though undeniably well meaning, there is something important missing from most anti-bullying initiatives. That is a crucial piece of mental health advice: Take a break.

Unplug. Do something else.

Kids cannot avoid the Internet. It's how they do their homework and socialize. But breaks are good for the body and soul. The most valuable piece of advice I received from my dad amid my own first cyberbullying incident on MSN Messenger was: "Maybe you should turn that thing off for a few hours." I did, and suddenly my pain felt a bit less acute.

But abstinence is only a temporary salve. What kids need — what we all need — is self-esteem. This is why school conferences such as Power of Being a Girl should be as widely available to youth as celebrity-endorsed emojis.

The conference, organized by YWCA Niagara, brought almost 200 adolescent girls together for special workshops and art therapy. It was, according to Andrea Bozza, Mental Health Lead at Niagara Catholic District School Board,

to "promote self-esteem, self-image and the importance of accepting who you are."

"What was really neat," says Bozza, "is while the speaker was talking, girls were doodling and we noticed ... they were writing things like, 'Love the skin you're in,' and 'Proud to be an independent woman.' They weren't prompted to write these things."

This may appear corny or obvious, but when you're in high school it isn't. Everybody needs a little screen-free self-help, and the demographic least likely to get it — teenagers — needs it most.

In the fight against cyberbullying, apps and emojis aren't a bad idea. But perhaps building self-esteem away from the technology that depletes it is a better one.

**Emma Teitel** is a national columnist for the Toronto Star.

## metroview

# Padlock your phone: The only reliable way to unplug in 2016



**Matt LaForge**  
Metro | Toronto

I had yesterday off work. So did many of you. It was great, right?

The February holiday might be the best one. It sneaks up out of nowhere and always feels like a snow day. Accordingly, the day's leisure tends to be improvisational: Watch six movies, order Chinese food, play on your phone from noon until midnight, if you want to.

There's a group out of Alberta that would prefer you not do that last one. The Family and Community Support Services Association of Alberta is behind an effort to make the holiday four provinces call Family Day a devices-switched-off day: "Family Day Unplugged."

You've heard of this kind of initiative before, and, as is typical, the PR around "Family Day Unplugged" is couched in language that, while a bit too willing to imply any parent who answers a text when a kid is in the room is cruising for "Cats in the Cradle"-grade spiritual comeuppance, succeeds in getting the point across. No, we don't yet live in an anomic tech-dystopia but, yes, we do screw around on our phones too much.

In principle, then, it's worthwhile. We could stand to be healthier and less self-involved, so why not submit, via the honour system, to some symbolic remediation?

Because the honour system won't cut it. I've seen firsthand what it takes to induce a large group to go phoneless,

as opposed to merely promising they'll do so. It's major.

Last Friday I went to see Dave Chappelle in Toronto. The day before the show, the ticket vendor sent an email: "We strongly recommend leaving your devices at home or in your car." And if I don't?

If I don't, I soon found out, I, along with all 1,000 fellow ticket-holders, will be forced to surrender my phone to security personnel, who will enclose it in a grey neoprene sock with a locking top. They'll keep the key, but I'll get to carry around the prophylactic pouch. At least I can hold a phone-sized thing. And I get to watch the couple seated beside me periodically pull out their soft-shell device coffins and thumb at the locks in a not exactly longing, but not exactly casual manner.

Only such a beloved and rarely seen comic as Chappelle could get away with this. But it worked. His material is still as strong today as it was in 2003, and only those of us who saw it in the moment can say so.

Barring a pocket notebook, the only way to preserve the jokes was to rush out to the phone-check table as soon as the set was over, unlock the sock and frantically write down as much as possible. It felt like an instructive return to an older way of life.

If we really want to disconnect to connect, we don't need a day of unplugging; we need a day of repossession.

**Matt LaForge** is the managing editor of views and features at Metro.

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# Is your group RSP enough?

NEST EGG

## Supplementary savings help ensure healthy retirement fund

Michelle Williams

If you're one of the fortunate Canadians to have a group RSP or a pension plan through your job, you may think your retirement is covered. Not so fast, say the experts. While such savings are a great start, you may need something extra if you want a healthy retirement nest egg.

### Then and now

A generation ago, employers set up pension plans that both the company and its employees paid into. "There was no opportunity for employees to have any say in how the money was invested, and it was expected that this would be their retirement income," says David O'Leary, managing partner at Eden Valley Partners in Toronto. "The onus was on the employer to invest responsibly to ensure the promised rate of return — all the risk was with the employer."

These types of "defined benefit" pensions still exist, but more and more employers are opting for "defined contribution" pensions or group RSPs, where the employee is accountable for investment choices.



Get the most out of your group RSP by educating yourself and staying on top of all your investments. iStock

The way the group plan is structured and administered varies widely from company to company, but typically, employees have a limited set of investment options and get a few guidelines for making their choice.

"The way your employer structures the plan, your own knowledge and commitment to

the plan and to your savings, and inconsistencies in rate of return on investment are just a few of the reasons you probably need to save outside your group plan," explains O'Leary.

### A single portfolio

"It's a good idea to have a plan outside of work," agrees Dan

Hallett, vice-president and principal at HighView Financial Group, "but you should look at it as one integrated portfolio. It's the best and most holistic way to manage your savings. Start with your group plan and supplement based on what you need for your retirement."

What's the best way to maximize your group RSP investment?

"Most people don't know much about their company's plan," says O'Leary. "They don't know their options, and even if they sign up for the plan, an alarming number of people don't ever sign up and

### + WISE INVESTING

- Write up your retirement goals so you know why you're investing and how much you'll need.
- Consult a financial advisor to work out a plan to match your retirement goals.
- Research your company's group RSP or pension plan to maximize your investments.
- Review your group RSP annually and make changes as needed to keep the mix in line with your goals.

set up a profile on the plan's website. If you don't take action, often the company defaults you to their choice of investments. It's important to stay on top of this investment, just like you would any other."

Why not just skip your group plan and do your own investing?

"It's not uncommon for companies to match an employee's contribution by as much as 50 to 100 per cent, up to a certain percentage of an employee's salary (usually four per cent," says Hallett. "That's free money for the investor." Even if the pension provider's list of investments is too narrow for your liking, "take it and pick the best investment choices available and make the most of the money being offered by your employer."

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## Bieber gets first Grammy

It was a night of career firsts for Canadian artists at the Grammy Awards.

Both Justin Bieber and the Weeknd walked away as early winners in a pre-telecast ceremony leading up to the main show on Monday.

Bieber (pictured right with his little brother Jaxon) took home a best dance recording



honour as part of a collaboration with Skrillex and Diplo on the song Where Are Ü Now.

The Weeknd, a.k.a. Abel Tesfaye, nabbed two golden gramophones before the televised show.

He took home one for best urban contemporary album for Beauty Behind the Madness and another for best R&B perform-

ance for Earned It from the original soundtrack for the film Fifty Shades Of Grey.

Toronto hip-hop darling Drake lost all five awards he was nominated for, including best rap performance for Back to Back and best rap album for If You're Reading This It's Too Late.

THE CANADIAN PRESS



**1 Taylor Swift** — Wearing a glittery jumpsuit, Swift kicked off the Grammys with Out of the Woods. She became the first woman to win album of the year twice, this time for 1989.

**2 Kendrick Lamar** — A big night for the rapper who delivered a fiery performance when he walked onto the stage in shackles to perform The Blacker the Berry. Lamar won five awards, including best rap album for To Pimp a Butterfly.

**3 The Weeknd** — R&B sensation Abel Tesfaye performed I Can't Feel My Face and In The Night. Adele was quick to jump to her feet with an ovation, clearly thinking he earned it.

**4 Lady Gaga** — The pop star, accompanied by Nile Rodgers, performed a David Bowie tribute which included 10 of his most iconic hits.

**6 Best boudoir looks** — Singers who stunned on the red carpet were Tove Lo in a sheer lace By Malene Birger number, Faith Evans in a custom dress by Stello and Ellie Goulding in a blush-pink Stella McCartney.

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# Wearing her feminism on her sleeve

## GIRLS

## Lena Dunham uses success to spread her message

Lena Dunham has been called a bellwether of modern feminism for the issues she addresses on her TV series *Girls*; it's a platform she's happy to occupy.

"If you have a strong desire to change something in the world, and you're lucky enough to have an audience to listen to you, then it only makes sense to use it," the 29-year-old said in an interview.

"Some say actors should maintain an air of mystery and not talk about that stuff, but that's never been my persona. It's always been correct for me that I would find a way to talk about my beliefs, hopefully without it overriding the content of the show, but still being really clear about what I think."

And what Dunham thinks is that it's about time feminist issues get aired in society at large.

"It was really great how much dialogue there was about women and women's representation last

year, whether it was the Maureen Dowd New York Times article about the sexism that pervades Hollywood or whether it was women coming forward to talk about their experiences, like producer Shonda Rhimes, in a less fearful way.

"There were also some great entertainment releases: in the same month as the *Sisters* premiere with Tina (Fey) and Amy (Poehler) there was Joy with Jennifer Lawrence, about a strong female character, and *Trainwreck* with Amy Schumer and directed by my *Girls* co-showrunner, Judd Apatow, which did really well at the box office. All of that was important."

And then there's the Lenny Letter, which Dunham is proud to have launched with writing partner Jenni Konner.

"The fact we've been able to start some real conversations, whether it was Jennifer Lawrence's wage equality piece or Ellen Pao talking about sex issues in Silicon Valley, or whether to talk about the lack of attention paid to women's health: that for us was huge."

"And then with Jen's piece on wage equality, to see people take that and apply it to their own



**Girls creator Lena Dunham says it's about time feminist issues get aired at large.** CONTRIBUTED

lives, that was super profound and meaningful."

*Girls* returns for its next-to-last season Feb. 21 at 10 p.m. on HBO.

Dunham created, stars in and now executive produces the series along with Konner and comedy juggernaut Apatow.

This season, Dunham hopes the show "continues to be honest and allows women to learn more about themselves and other women."

Specifically it will deal with marriage, online dating — which Dunham describes as a "big part

**I'm more able to ask for what I want; talk to actors in a strong but loving way.**

Lena Dunham, on her new confidence on set

of the zeitgeist right now" — and romance in all its hues and shades.

"What's been important to us is to do romance in a complicated way," says Dunham, "Because in real life it is, and also to show that happiness can come from

more than that."

Apatow says *Girls* has been seen as groundbreaking in its treatment of sexuality because "Lena's had the courage to portray it. And most of this terrain is now wide open. I have a daughter who's 18 and she's now thinking, 'Oh, I could be like Lena, I could write and direct.'"

Thoughtful, self-assured and witty in person, Dunham acknowledges her own growth on set. Before *Girls*, she had directed two low budget feature films and a web series.

"I've now directed 17 episodes of a very different set. So I come at it from a place of new confidence."

"I'm more able to ask for what I want; talk to actors in a strong but loving way. I'm more confident working with the materials, with the camera and blocking."

With *Girls* set to wrap with its sixth and final season in 2017, fans are wondering where its characters will end up.

"Without giving anything away, what's really important is that we end in a way that's honest," Dunham says.

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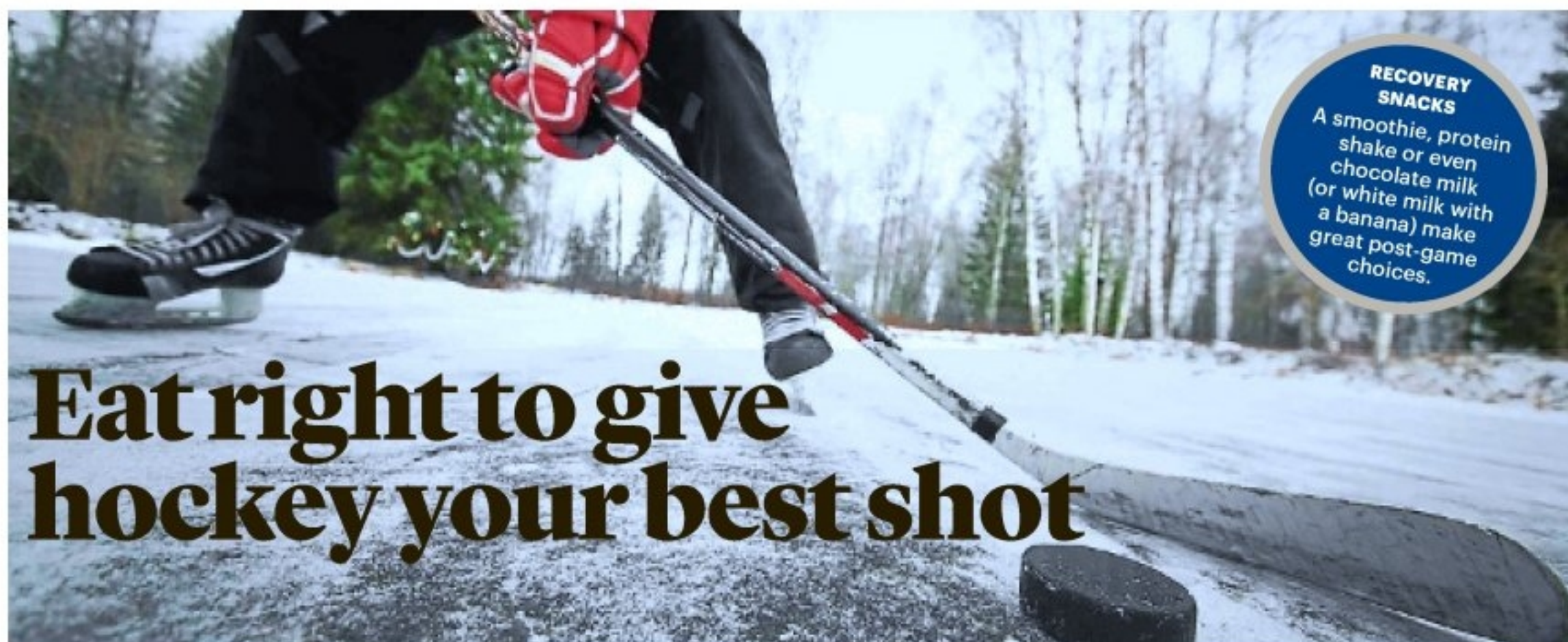
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# Eat right to give hockey your best shot

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## PERFORMANCE FUEL

### Maple Leafs' nutritionist Jennifer Sygo's top food tips

Hockey is Canada's national winter sport, and while only a select few players will get the chance to play on the sport's biggest stage, more than 600,000 more play

every day in everything from house league to sledge hockey — and that's not to mention beer league hockey for the older folks.

No matter what level of hockey you or your kids play, the time you spend at the rink can be full of not-so-nutritious temptations, be it chicken wings or chocolate bars. While convenience foods are exactly that — quick and convenient — with a few easy changes, you can better fuel your performance,

both on the ice and off.

#### Eating before hockey

There's an old saying that what you eat before you play a sport won't win you the game, but it could make you lose it, and, in many ways, that's true. What you eat before a practice or game can help top up your energy stores, but it shouldn't leave you feeling heavy or overly full, or cause an upset stomach, bloating, or indigestion.

Finding the right time and type of food takes time and experimentation, so perhaps it's no surprise that the best players become quite superstitious about their pre-game meal.

Your pre-practice or game meal can be eaten any time up to about four hours before you hit the ice. If you have an early morning practice, or only a short time to eat before your later day practice or game, make the meal smaller and lighter; otherwise, if you have two hours or more, experiment with bigger, more balanced meals that will keep you feeling satisfied longer.

In general, try to include both protein and carbohydrates in your meal: the protein helps you to feel full and also aids in muscle repair if you are still recovering from the previous day's practice or game, while the carbohydrates serve as fuel for any high-intensity activity, like the all-out fast break, or a heavy off-ice workout.

#### Food to avoid

While healthy fats, such as olive oil, almonds, salmon and peanut butter are an important part of our diet, fats in general are also slow to digest, which means they can leave you feeling un-

comfortably full. Keep fats low before hockey — yes, that means skipping the fries, burgers and passing on the bacon — especially if you have limited time before you lace up your skates. Your stomach will thank you.

Like fat, fibre, which is a type of carbohydrate, is good for us — it keeps our digestive tract happy and our blood sugar steady. Also like fat, fibre is slow to digest and can leave you feeling gassy and bloated during a practice or game. So, while they are otherwise healthy, you should limit beans, chickpeas, lentils, wheat bran and even large amounts of whole grains and fibre-rich fruits and veggies (a cup or so is still OK for most), in the hour or two before you play.

Finally, while you might not want to fuel your hockey game with buckets of bran, you don't want to overdo it with sugar, either. While sugary foods, or those that convert to sugar quickly in our body, like white bread, doughnuts, granola bars, white rice and sugary cereals, are relatively quick to digest, they can cause your blood sugar to spike and crash, leaving you feeling tired, shaky and sluggish by the time you hit the ice.

TORSTAR NEWS SERVICE

## + FOOD IDEAS

### Pre-hockey meals

- Grilled skinless chicken breast with brown rice and steamed green beans
- Grilled or baked white fish (like tilapia or cod) with quinoa and a garden salad with balsamic vinaigrette dressing
- Chicken or turkey wrap or sandwich on whole grain bread with mixed veggies. Use mustard instead of higher fat sub sauces or mayo
- Lean steak with a baked or roasted potato or sweet potato and sautéed veggies, like peppers, mushrooms and zucchini

### Breakfast meals

- Oatmeal made with milk or soy beverage (almond milk doesn't contain any protein) with slivered almonds and raisins
- Cold cereal with milk and a banana
- 1-2 eggs on whole grain toast with a side of fruit
- Greek yogurt with berries and low-fat granola



### Quick snacks

- Small container (100-125 grams) of Greek yogurt and a banana
- Energy bar (e.g. Clif bar, Builder's Bar)
- Smoothie made with banana, berries and milk of your choice
- Toast or a banana topped with a bit of peanut or almond butter

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# A yoga move for the runners out there



YuMee Chung demonstrates the Newton's Cradle pose. This hip strengthener helps to improve pelvic stability by targeting the gluteus medius. TORSTAR NEWS SERVICE

## NEWTON'S CRADLE

### Pose to strengthen the primary abductor of the hip

**YuMee Chung**  
For Metro Canada

Attention runners: If you've been hobbled by low back, hip and knee pain, before you decide to hang up your favourite sneakers for good, why not try waking up the often-underused muscles of the outer hip with an exercise called Newton's Cradle?

This hip strengthener targets gluteus medius, the primary abductor of the hip, to improve pelvic stability and get you back in motion.

#### Newton's Cradle

1. Begin in a standing forward bend with the backs of the legs against a wall. Feet should be hip-width apart and hands shoulder distance apart. If the hands do not comfortably reach the ground with your legs straight, place them on yoga blocks or two equal stacks of books. Align hips directly over feet and shoulders over hands. Lengthen the spine and send the gaze forward.

2. Inhale while lifting the right leg

out to the right side. Move slowly and deliberately and avoid using momentum to lift the leg. Do your best to stay joint-stacked over your standing leg rather than leaning the body off to the left side.

3. Exhale while lowering the right leg to its starting position on the ground.

4. Repeat the process on the other side: inhale while lifting the left leg out to the left side and exhale while lowering the left leg to its starting position on the ground.

5. Continue to move with breath, alternately lifting and lowering your legs. You'll look a little like one of those mesmerizing executive desktop toys based on the Newton's Cradle. Complete five rounds.

#### Use your eagle eyes to spot weak hips

Weakness in gluteus medius can cause the pelvis to sag while walking, running, climbing stairs or any other activity that involves lifting one leg away from the ground at a time. The telltale sign of weak outer hip muscles is the hips dip towards the lifted-leg-side when walking or running. The Trendelenburg gait is a more serious condition arising from this same pattern of weakness.

YuMee Chung is a recovering lawyer who teaches yoga in Toronto. She is on the faculty of a number of yoga teacher training programs and leads international yoga retreats. Learn more about her at [padmani.com](http://padmani.com).

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## SMART POLICY

### Permanent or term, pick insurance that suits your life

**Gail Vaz-Oxlade**  
For Metro Canada



You buy insurance in case your house burns down and to protect your stuff, right? And you buy insurance for your car, right? Isn't your income at least as important as your stuff?

There is no specific amount of life insurance that's right for everyone. Fact is the only kind of insurance you should buy is the kind that works best for YOU. So you need to think about a bunch of things like:

- Your family's existing assets and income
- How much they'll need to cover their budget
- The costs associated with your death
- Any debts that will need to be paid off



When choosing life insurance, take a look at the lifetime cost of both term and permanent policies before making a decision. ISTOCK

company with term insurance. With permanent insurance the company is going to have to pay out, it's only a matter of when.

Permanent insurance stays in place until you croak. The premium is generally the same for the life of the policy, so the annual cost can be low if you buy it when you're young. If term insurance is rent, then permanent insurance is a mortgage payment: in the early years there isn't a lot of asset accumulation, but over the long term the pot will grow.

When trying to decide what to buy, the best place to start is with the amount of coverage you need. The bigger the policy the more expensive the premium, so sometimes term is all you can afford.

Next, look at how long you'll need the coverage. Some of your needs may be short-term. Declining term insurance is often the most cost-effective way to cover a mortgage. On the other hand, your funeral expenses and the tax hit on your estate is permanent. Ditto the need to provide for a dependent beneficiary.

Since the premium on your permanent insurance will remain the same, while the premium on term insurance will rise each time the policy is renewed, the cost of term insurance will appear far less expensive in the early years of a policy. You'll have to compare the lifetime cost of both types of policies and then make your decision.

For more money advice, visit Gail's website at [gailvazoxlade.com](http://gailvazoxlade.com)

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- Must be a team player

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- Any additional expenses like special medical costs, a new car or post-secondary education for the kids, and
- How long you want to keep the coverage in place.

Term insurance provides protection for a predetermined period of time (5, 10, or 20 years) or until a certain age. When the term of the contract expires your coverage ends unless you renew the term. Each time the term is renewed, the

premium goes up.

Think of term insurance as an expense, like rent. While it will give you comfort and peace of mind, it accumulates no residual value. If you want coverage to last your lifetime or want to use insurance to build assets, term insurance isn't the right choice.

Term insurance is cheaper than permanent insurance, but that's because the statistics are in favour of the insurance

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At 48-4, the Warriors have to go at least 25-5 the rest of the way to beat the Bulls' best-ever regular-season finish of 72-10 set in 1995-96

# Running Wild on Canucks

NHL

## Vancouver has lost 5 straight at Rogers Arena



**Cam Tucker**  
Metro | Vancouver

From bad to worse, the Vancouver Canucks responded to Saturday's embarrassing effort versus Toronto with another uninspired performance two days later against the Minnesota Wild.

Tumultuous times continue for the Canucks.

Losing to the Maple Leafs at Rogers Arena is one thing. To lay an absolute egg at home is another.

### MONDAY In Vancouver



With a chance to redeem themselves, and with a visiting Wild team that is going through its own share of misery after firing coach Mike Yeo on the weekend and on a slide of one win in 14 games prior to Monday, the Canucks authored up in the opening 20 minutes one of their worst periods of the season.

They were outshot 17-4 in the first period, which included another blatant too-many-men infraction less than three min-



The Wild peppered Canucks goaltender Jacob Markstrom with 34 shots on Monday night. JONATHAN HAYWARD/THE CANADIAN PRESS

utes in, and lucky to be down only a goal, thanks mostly to the goaltending of Jacob Markstrom.

But Markstrom was eventually solved. And despite a successful night on the power play, which included goals from Chris Tanev and Henrik Sedin, the Canucks fell to the struggling

Wild by a final score of 5-2.

The Canucks have now lost five straight at home.

Surely by now, with Monday marking two weeks until the NHL's trade deadline, the play-offs seem too far out of reach for this group. They were seven points out in the Pacific Division

and six out of the wild card.

The Canucks were their own worst enemies at times versus the Wild.

Matt Bartkowski and Linden Vey were each guilty of turnovers in the defensive end that led directly to Minnesota goals from Zach Parise and Justin

Fontaine.

Coming down the right wing, Jared Spurgeon beat Markstrom with a high slap shot as Vancouver's goalie ducked to his left, leaving an opening to the top corner late in the first period.

The Canucks host the Anaheim Ducks on Thursday.

## Linden tries to quell controversy

With losing comes controversy.

The Canucks had both occur simultaneously over the weekend, which required team president Trevor Linden to clear the air on Monday.

It was reported on Saturday by Elliotte Friedman of Hockey Night in Canada that there were differences between general manager Jim Benning and ownership, headed by Francesco Aquilini, as to which direction the franchise needs to go in — rebuild or try to make the playoffs.

As this season has progressed, the Canucks have fallen out of the top-three in the Pacific Division and out

**“We’ve been completely aligned on where we are and where we need to be.”**

Trevor Linden

of a wild-card spot. With the trade deadline on Feb. 29, the Canucks aren't in a playoff position, with at least two tradable pending free agent assets — Dan Hamhuis and Radim Vrbata — that would also open up cap space for the summer.

Speaking on TSN 1040 radio, Linden said ownership and the hockey operations department have had an “excellent working relationship. We’ve been completely aligned on where we are and where we need to be and a good understanding of what we have to do.”

“We’ve had the autonomy to do what we need to do.

“We obviously have made decisions this year that have clearly signified that we’re thinking about what we have to do in the future and opening up opportunities for young players and we’re going to continue to do that.”

CAM TUCKER/METRO

### NHL IN BRIEF

#### Ducks continue their roll

Mike Santorelli scored twice, Corey Perry had a goal and an assist, and the streaking Anaheim Ducks went 3-for-3 with the extra man in a 6-4 victory over the Calgary Flames on Monday afternoon.

Thanks to a 9-1-1 record in their last 11, Anaheim has passed San Jose and climbed into second place in the Pacific Division.

THE CANADIAN PRESS

#### Blackhawks rout Leafs

Patrick Kane had a goal and three assists, and the Chicago Blackhawks stopped a three-game slide with a dominant 7-2 victory over the Toronto Maple Leafs on Monday night.

The victory capped a disappointing four-game homestand for Chicago.

THE ASSOCIATED PRESS

#### Sabres punish Kane for missing practice

The Buffalo Sabres say left-winger Evander Kane won't play Tuesday night against the Ottawa Senators after missing practice on Monday.

Coach Dan Bylsma says Kane attended the NBA all-star game in Toronto on Sunday night and slept in the next morning, missing practice. THE ASSOCIATED PRESS



**I want to say fault on both parts, but it's probably more so on me, and he had to do what he had to do (for) what he thought benefited the L.A. Kings.**

Mike Richards says he has no hard feeling against Los Angeles general manager Dean Lombardi, who terminated the forward's contract last summer. Richards' Capitals face the Kings Tuesday night.



President of hockey operations Trevor Linden, left, says owner Francesco Aquilini, right, and GM Jim Benning, not pictured, are on the same page. GETTY IMAGES FILE

MLS

## Seattle's Martins may move to China

Forward Obafemi Martins didn't travel to pre-season camp with the Seattle Sounders, who are considering an offer to send him to a team in the Chinese Super League.

The 31-year-old has been with the Sounders since 2013 and scored 15 goals in 21 regular-season games last year. The BBC reported Sunday that Martins has joined Shanghai Shenhua.

Sounders general manager Garth Lagerwey said in an audio statement released by the team Sunday: "Obafemi's not here with us in this phase of camp."

"We've had an approach from a Chinese club for his services. It could take a while to have that resolved."

Seattle is preparing for its 2016 opener against Mexico's



Obafemi Martins GETTY IMAGES

America on Feb. 23 in the first leg of the CONCACAF Champions League quarter-finals. THE ASSOCIATED PRESS

### IN BRIEF

#### Tiger-Cats re-sign pair

The Hamilton Tiger-Cats re-signed linebacker Frederic Plesius and defensive tackle Michael Atkinson to two-year contracts Monday.

The two Canadian players were free agents.

Plesius, 28, appeared in 17 regular-season games and two playoff contests with Hamilton last year. Plesius has appeared in 49 career games, all with Hamilton.

Atkinson, 27, had four tackles in eight regular-season games.

THE CANADIAN PRESS

#### Former NFLer Hernandez settles shooting lawsuit

Former NFL player Aaron Hernandez has settled a lawsuit filed by a friend who says Hernandez shot him in the face.

Alexander Bradley was seeking damages for injuries he suffered in a February 2013 shooting after he and Hernandez left a Miami strip club.

The former New England Patriots player is serving a life term for the 2013 killing of Odin Lloyd.

THE ASSOCIATED PRESS

# Canada cool under basketball spotlight



Kobe Bryant and LeBron James tip off the all-star game on Sunday night at Air Canada Centre.

RON TURENNE/NBAE VIA GETTY IMAGES

## 2016 NBA ALL-STAR

### Raptors host hoops royalty well for high-profile events

When the players cleared the court at the Air Canada Centre on Sunday night, the NBA all-star fun continued. Cheerleaders — and just about anybody else with a pass — crowded onto the hardwood for photos or just to savour the moment. All-star weekend is a party. And like most good parties, nobody wanted to leave.

For those keeping count, the West won 196-173 in a game that erased the all-star records for most points by one team (163) and total points by two teams (321). While Kobe Bryant waved goodbye, a new generation of NBA stars showed off their tricks.

West coach Gregg Popovich called the experience "a joy."

"It's the most fun I've ever had at an all-star game just because of the predominant group of the young talented kids coming up like the new stars and watching them interact with each other was a thrill for me," said the veteran San Antonio Spurs coach. And despite the frigid weather, Toronto showed its heart when it comes to hoops.

"I think everybody got the feel of the energy that we witness every single night when we play as Raptors players," said Toronto forward DeMar DeRozan, who had several highlight-reel dunks. "I think all the guys really got insight on how

in-tune the city of Toronto and all of Canada is to basketball."

Drake gave Torontonians a reason to puff out their chests before tipoff. "This is the best game with the best players, finally in the best city in the world," he said as he introduced the players. And there was validation from LeBron James.

"Thanks for welcoming our league with open and warm arms," he said of Toronto and Canada. "Toronto did a hell of a job of putting on a show," he added.

THE CANADIAN PRESS

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Kyle Lowry



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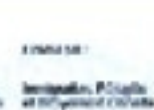
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# RECIPE Quinoa Stuffed Peppers



**Ceri Marsh & Laura Keogh**  
For Metro Canada

A healthy and easy dinner that fills you up with its mix of superfood quinoa, fibre-rich black beans and, — everyone's favourite — cheese.

**Ready in**  
Prep time: 30 minutes  
Total time: 60 minutes  
**Makes: 8 peppers**

**Ingredients**  
• 3 cups cooked quinoa  
• 1 cup corn kernels  
• 1/2 cup canned black beans, drained and rinsed  
• 1/2 cup tomatoes, diced  
• 1/2 cup cheddar cheese, grated  
• 1/4 cup feta cheese, diced

• 3 Tbsp cilantro, chopped  
• 1 tsp cumin  
• 1 tsp chili powder  
• Salt and pepper  
• 8 bell peppers, tops cut, stemmed and seeded

## Directions

1. Preheat oven to 350 F.
2. In a large bowl, mix everything (except the peppers) together well. Taste to check seasoning before adding salt and pepper.
3. Place all of your peppers into a 9- by 9-inch baking pan so that they stand up. Carefully spoon the filling into each pepper.
4. Bake for 30 minutes, or until the peppers are soft and the stuffing is heated through.

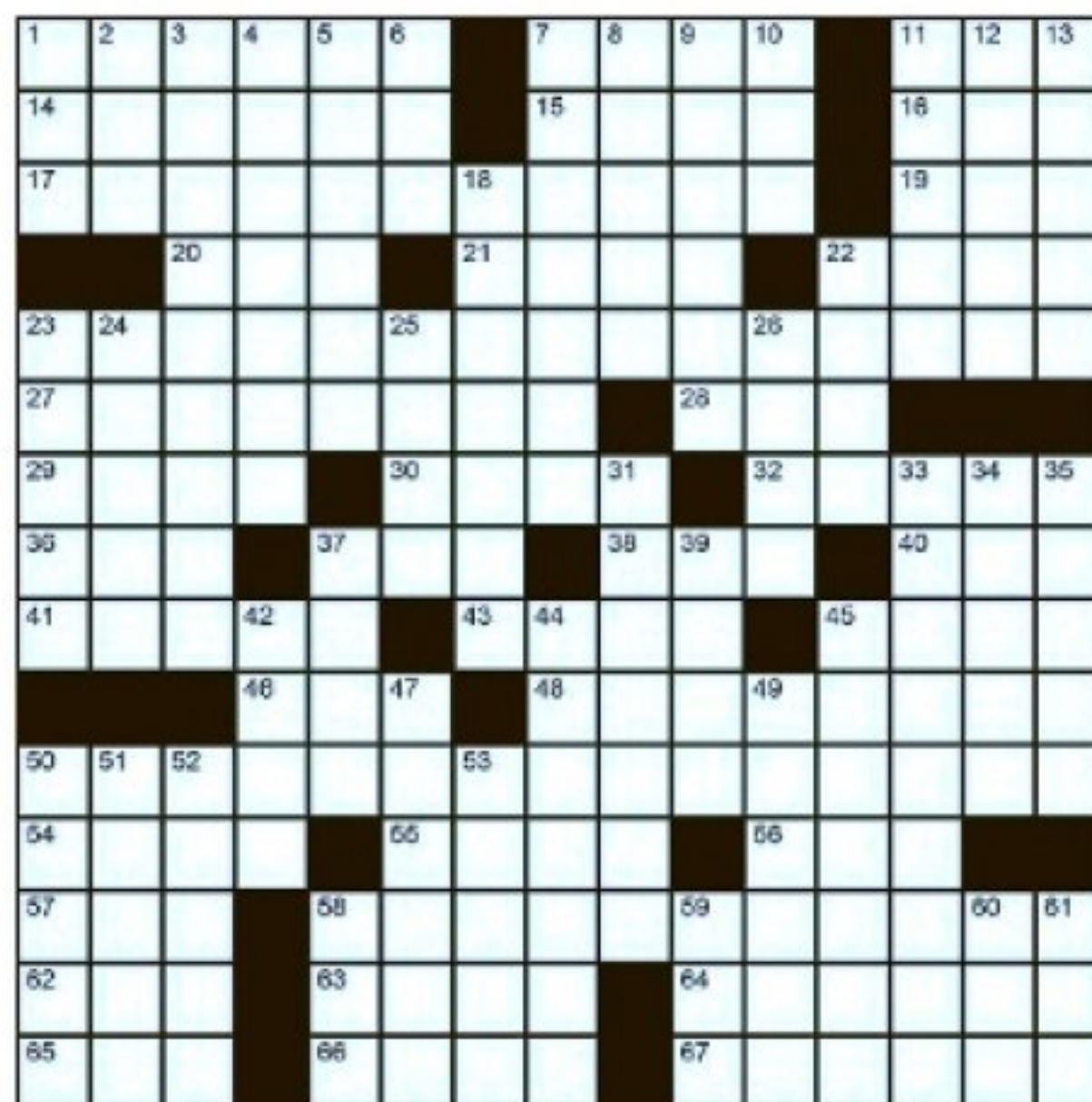
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# CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

## ACROSS

1. Something to generously pick up in a restaurant: 2 wds.
7. Microchip-implanting gr.
11. Ohs partners
14. Madonna's "La Isla \_"
15. Greenish-blue
16. Mouse's lab friend
17. New comedy streaming on CraveTV set in small-town Ontario
19. Scientist's 'eggs'
20. 'To hear' in Spanish
21. Vitamins added to milk, \_ D
22. Prayer ender
23. Not including freshwater, Canada covers over nine million what?: wd. + abbr. + wd. + wd.
27. \_ Hall (New York concert venue)
28. Clear
29. Flight schedule acronyms
30. "Climb \_ Mountain"
32. Schedule times
36. Henpeck
37. Mr. Gershwin
38. Food flavouring brand
40. Goth rocker
41. Sole pattern
43. Model-turned-mogul Heidi
45. Walter Pidgeon's character in "Mrs. Miniver" (1942)
46. Bathroom cleanser



48. Strauss 1933 title soprano role
50. The astrolabe, as used by explorer Samuel de Champlain: 2 wds.
54. Wading bird
55. Filing cabinet abbr.
56. Dick Tracy, e.g.

57. Super Bowl 2016 MVP Mr. Miller
58. Verdi opera: 3 wds.
62. Nightfall
63. Flashy fabric
64. Cabernet \_ (Wine by Canadian entrepreneur Kevin O'Leary)
65. Bronze Roman

- money
66. U.S. liquid meas.: 2 wds.
67. Primps

## DOWN

1. Li'l dinette piece
2. Furrow maker
3. VIP's crew
4. Renaissance paint-

- ings like The Death of Actaeon
5. Pied-\_- (Country dweller's dwelling-in-the-city)
6. Tavern
7. Broccoli cooker
8. Oscar-winner Sean's
9. Frankness

- [var. sp.]
10. Rita Hayworth's royal husband, \_ Khan
11. Bouquet property
12. Oasis
13. Television support
18. Three-pronged Arctic fishing spear
22. Actor Alan
23. " \_ of a Woman" (1992)
24. Doha's locale
25. Spa city in Hungary
26. Retro dog name
31. "That's awesome, dude.": 2 wds.
33. Make up the narration: 3 wds.
34. Singer Ms. Sande
35. Totally ticked: 2 wds.
37. Peter, Paul and Mary's " \_ Rock and Roll Music"
39. Marvel mutant
42. Notice: French
44. \_-faire
45. Cause \_ (Attention-grabbing controversy)
47. Bear or elk or Canuck
49. Way worse
50. Skin care company
51. Over
52. Grapes graspers
53. Laura Branigan hit that goes "God how I love you so": 2 wds.
58. Alien sitcom
59. Sovereign, e.g.
60. Mr. Chaney Jr.
61. Fire dept. ranks

# IT'S ALL IN THE STARS by Sally Brompton

**Aries** March 21 - April 20  
You have an obsession with perfection but not everyone shares your need to get it right every time. Be warned: if you push others too hard today it might tempt them to be obstructive, or even destructive!

**Taurus** April 21 - May 21  
This is a great day for social affairs. Even if you're not usually good with words you'll be chatty and charming today and make a good impression on someone you fancy.

**Gemini** May 22 - June 21  
If you're planning a surprise for a loved one be careful who you confide in as information could easily slip out. It may not spoil the occasion but it could take the gloss off it a bit.

**Cancer** June 22 - July 23  
If you are still feeling down then you really must get out and about more. Mix with people who are cheerful and chatty — it won't be long before their good mood rubs off on you.

**Leo** July 24 - Aug. 23  
If someone you don't always get along with makes an effort to be nice today you must make an effort in return. Just because you have different values does not mean you cannot be colleagues, or even friends.

**Virgo** Aug. 24 - Sept. 23  
If you are going to push yourself to the limit, now is the time. You will find it easy to reach targets that were previously out of your reach. This is also a good time to plan a vacation.

**Libra** Sept. 24 - Oct. 23  
There are days when, no matter how hard the task at hand, everything comes easy, and this will be one of them. Ask yourself what you would most like to accomplish, then do it.

**Scorpio** Oct. 24 - Nov. 22  
If you limit yourself to tried and tested ways over the next few days you will not only make unnecessary work for yourself but you may miss out on something that could have made your life richer and more enjoyable.

**Sagittarius** Nov. 23 - Dec. 21  
It may seem as if events are no longer under your control but nothing bad will happen if think logically. The important thing is to not let your heart overrule your head.

**Capricorn** Dec. 22 - Jan. 20  
If you try to force others to follow your lead they are sure to refuse. If, however, you use your charm you will find it easy to move them in the direction you want them to go.

**Aquarius** Jan. 21 - Feb. 19  
Identify what it is you want most out of life, then focus on it. Others may try to distract you but there is a stubborn side to your nature and when you have a goal in mind you don't stop until it is reached.

**Pisces** Feb. 20 - March 20  
All the upsets and restrictions of the past few months are beginning to fade and by Friday you will be king, or queen, of the castle again. Always look forward. Never look back.

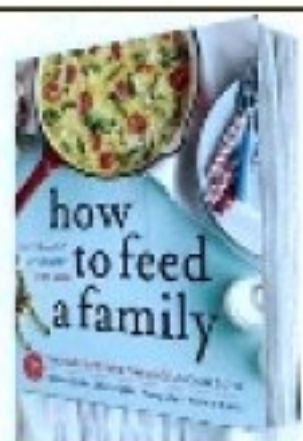
## CONCEPTIS SUDOKU by Dave Green

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